

FIT WIC Program
Staff Survey

Dear WIC Staff: Thank you for taking the time to fill out this survey. We are interested in your opinions, so please answer this survey based on your own experience working with WIC parents at your WIC site (there are no right or wrong answers). All information will be confidential, please do not write your name on this survey. Nothing you say in this survey will in any way affect your job at WIC.

1. What do you think are the most common reasons that an adult is overweight?

Not enough exercise

Big bones

It's their natural body shape

Not enough self control

Gland or other medical problem

Eat the wrong foods

Eat a lot

Eat a lot of snacks

Other (describe): _____

2. What do you think are the most common reasons that a child under 5 is overweight?

Not enough exercise

Big bones

It's their natural body shape

Not enough self control

Poor feeding relationship between child and parents

Gland or other medical problem

Eat the wrong foods

Eat a lot

Eat a lot of snacks

Other (describe): _____

3. In your opinion, how concerned are WIC parents about their children becoming underweight or too skinny? **(Please check only 1)**

Not concerned

A little concerned

Concerned

Very concerned

4. In your opinion, how concerned are WIC parents about their children becoming overweight? **(Please check only 1)**

Not concerned

A little concerned

Concerned

Very concerned

5. What do you think is the biggest cause of nutrition problems in WIC children? **(Check only 1)**

- No breastfeeding
- On the bottle too long
- Overeating
- Inactivity
- Not enough food
- Too many high fat foods
- Not enough fruits and vegetables
- Too much sugar/high sugar beverages
- Meals away from home
- Other (describe): _____

6. As part of your job at WIC, do you individually counsel and/or teach group classes to WIC families about health and nutrition?

- Yes **(Go on to question 7)**
- No **(Please skip to question 16)**

7. What do you do personally do to deal with overweight children in your job at WIC? **(Check all that apply)**

- Nothing
- Give parents general information on eating a healthy diet
- Recommend low fat foods
- Give parents information about physical activity
- Refer families to physical activity programs
- Recommend weaning from the bottle
- Encourage parents to talk with their doctor about weight control
- Give parents a diet plan for their child
- Assess availability of appropriate & adequate food
- Recommend decreasing sugar intake
- Counsel on the feeding relationship/family meals
- Encourage portion control
- Individualize counseling to family's needs/set small, achievable goals

8. How confident are you that you can help WIC children maintain a healthy body weight?

- Not confident
- Somewhat confident
- Confident
- Very confident

9. Some parents of overweight children may not acknowledge that their child is overweight. Can you still help them deal with their child's weight issue?

- Yes
- No

10. How comfortable are you talking about weight issues with WIC parents of overweight children? **(Please check only one)**

- Not comfortable
- Somewhat comfortable
- Comfortable
- Very comfortable

11. In your opinion, what makes it hard for WIC staff to talk with parents about children's weight?

- Parents don't recognize the child has a weight problem
- I don't want to insult the parent
- Parents take their child's weight personally, feeling they are a bad parent if their child is overweight
- Parents don't follow through with suggestions
- Time limitations in a WIC clinic make effective counseling difficult
- There is no follow up until the next certification
- Doctor doesn't feel child's weight is a problem
- Other: _____

12. Have you had any success helping WIC parents with their overweight children?

- Yes
- No (skip to question 14)

13. What strategies have you found helpful in helping WIC children with a weight problem **(Check all that apply)**

- Switch to 1%/nonfat milk
- Reduce milk intake to recommended amounts
- Decrease juice intake
- Eating healthier snacks
- Increasing physical activity
- Reducing portion sizes to recommended amounts
- Planning meals and snacks
- Other: _____

14. How often do you talk with WIC parents about physical activity?

- Never
- Sometimes
- Often
- Always

15. If you answered never or sometimes to question 14, why don't you talk with families about this issue?

- Time doesn't permit
- No handouts available
- Uncomfortable talking about physical activity
- Other: _____

16. What is your staff position at WIC?

Director
Nutritionist
CPA
Screener
Clerical Support
Interpreter
Other

17. Are you currently trying to lose weight?

Yes
No

18. If you answered yes to question 17, what are you doing?

Eating less food
Doing regular physical activity
Watching less TV
Eating low fat foods
Eating more fruits and vegetables
Controlling portions
Reducing snacking
Eating regular meals
Other: _____

19. How often are you physically active for 30 or more minutes each day?

Never
1-2 days/week
3-4 days/week
5 or more days/week

20. What could WIC do to help you as a staff member be more active and a better role model for WIC families?